

# Portal accounts mandatory for all

**RANDOLPH AFB, Texas** — All Columbus AFB personnel with ‘af.mil’ accounts are required to create Air Force Portal accounts between Monday and March 12. The Portal allows one-stop access to all unclassified Air Force service information and applications. “The Air Force Portal will be the airman’s interface to all services and information needed to perform his or her job,” wrote Secretary of the Air Force Dr. James Roche and Chief of Staff of the Air Force Gen. John Jumper, in a December memo.

The latest up date to the Portal makes information normally requiring multiple accounts or log-ons available via one log-in for Air Force members. Once users log in, the Portal allows them to access many applications, such as the Virtual Military Personnel Flight, assignment management system and other Web-based programs without having to provide a username and password twice.

“Right now, people have access to Columbusweb and www.af.mil. The Portal will merge the two so that all of that information is on the same portal,” said David Ellis, Columbus AFB Web master.

Based on this, all Air Force members are urged to establish Portal accounts by the end of April.

“This is a major initiative and one long overdue,” said Lt. Col. Cephas Franklin, 14th Communications Squadron commander. “This is the first big step toward the goal of assigning all members one access account that will follow them through their entire Air Force career. I encourage all Columbus AFB personnel to embrace the portal and this significant step in the information integration access.”

A recent change to the Portal allows users to access the system from any Internet-connected computer at home, at work or on the road, officials said.

The portal includes a “white pages” link that lists everybody in the Air Force. It includes a personalization feature that lets users set up screens for their own needs.

In an effort to meet the Air Force goals, Air Education and Training command has established an aggressive schedule for its member wings to meet this Chief of Staff initiative.

It is important that people complete registration on schedule because the weeks between March 15 and April 23 are dedicated to other AETC bases.

People may log-on and create Air Force Portal accounts at www.my.af.mil by clicking on the self-registration link and following the instructions. The registration process is self-guided.

For more information on this initiative, call Ext. 3499 and select option one.



Airman Cecilia Rodriguez

**Airman John Menendez, 14th Flying Training Wing, organizes his closet. His room was recognized as one of the top five cleanest rooms in Building 544 during the unannounced inspection early Monday morning.**

## Random inspection hits dormitory

**Airman 1st Class Boto Best**  
Public Affairs

Airmen living in Building 544 awoke to police sirens and banging on their doors as lieutenants, first shirts and other senior NCOs conducted a random inspection and urinalysis at 4:30 a.m. Monday.

“The main purpose of the early morning inspection on Monday was to ensure the safety and security of our airmen in the dormitory,”said Colonel Steve Schmidt, 14th Flying Training Wing commander. “Across the Air Force, there are general concerns about illicit drugs in dormitories, and I strongly believe the best way to show how good our people are is to give them the opportunity to prove it.”

Dorm residents reported to the Magnolia Village dorm management building where the Alcohol and Drug Abuse Prevention Treatment team began conducting urinalyses.

“A mass urinalysis was conducted to maintain military fitness as well as good order and discipline, very much like what we do with the random urinalysis program across the Air Force,” Colonel Schmidt said. “Although the inspection was early so as to minimize mission impact, it was in no way designed to harass or target anyone. I was extremely proud of how professional the inspectors and the airmen in the dorms were throughout the inspection.”

According to Chief Randy Auld, 14th FTW command chief, “Bases routinely perform unannounced inspections to assess living conditions while providing the opportunity to ensure a drug-free environment for military personnel.”

After their urinalyses, airmen returned to their rooms accompanied by assigned escorts and observed as first sergeants and NCOs inspected their rooms.

“The results of the inspection revealed that most of our residents are complying with directives,” said Master Sgt. Emmette Bush, 14th Mission Support Group first sergeant. “However, a few airmen chose to have items such as decorative swords, butterfly knives, live ammunition and fireworks in their rooms. These items are not allowed in unaccompanied housing, and in some cases, on the installation.”

Inspectors also discovered several overnight visitors during the inspection.

Current local guidance states that no visitors are allowed in dorm rooms earlier than 8 a.m. or later than 11 p.m. on weekdays, and no later than 1 a.m. on weekends, Sergeant Bush said.

If in doubt about what is and is not allowed in the dorms, airmen are advised to consult local dormitory guidance, the dorm manager, supervisors or first sergeants.

# CAFB K-12 education survey begins today

**Airman Cecilia Rodriguez**  
Public Affairs

The 14th Mission Support Squadron is conducting a kindergarten through 12th grade education survey today through March 23.

“We’d like to acquire information from as many people as possible, including military members, civilians and contractors,” said Lt. Col. Jim Davis, 14th MSS commander.

The survey has been included as an insert in today’s Silver Wings newspaper, placed in the BLAZEGRAM and linked to the Columbus AFB homepage at www.columbus.af.mil.

Although the survey includes five questions specific

to the Columbus Municipal School District, it is designed to gather information about local education in general.

“We want reach a large audience to get a good idea of how people feel about education in the area — not just in the Columbus school system, but in Caledonia, surrounding areas, private schools and home school education as well,” Colonel Davis said.

Participation in the survey is highly encouraged.

“Often times, we receive input from the same, small group of people,” Colonel Davis said. “We hope the survey results reflect contributions from a much broader audience.”

At the bottom of the surveys, participants may provide contact information to volunteer for focus groups.

On March 29, these groups will meet to review the collected feedback of the survey and suggest ideas to make educational improvements.

“Feedback is extremely important,” Colonel Davis said. “The better the response from the people of Columbus AFB, the better we are able to address educational needs and concerns.”

Completed surveys may be turned in to any Community Action Information Board suggestion box, the family support center or the Military Personnel Flight customer service office.

Surveys in electronic format may be e-mailed to k12edusurvey@columbus.af.mil.

For more information, call the family support center at Ext. 2790.



Courtesy photo

## Add another stripe

**The 14th Flying Training Wing congratulates the March promotees. Pictured are (from left to right, front to back): to airman: Brandy Berrios, 14th Flying Training Wing, Arik Dumas, 14th Medical Operations Squadron; to airman first class: Anthony Smith, 14th FTW; to airman: Jeremy Coupal, 14th MDOS; to airman first class: James Butler, 14th Civil Engineer Squadron, Jarod Johnson, 14th Security Forces Squadron; to staff sergeant: Jason Pettit, 14th SFS; to airman: Wendy Scheibe, 14th Communications Squadron; to staff sergeant: Landee Bowers, 14th MDOS; to airman: Christine Mounts, 14th MDOS; to senior airman: Adam Brock, 14th Operations Support Squadron; to airman first class: Pamela Stout, 14th MDOS; to staff sergeant: Timothy Panzer, 14th CES; to airman: Ronnie Boothe, 14th OSS; to staff sergeant, Anthony Calvo, 14th OSS; to senior airman, Derek Levesque, 14th CES, Joseph Geiger, 14th OSS, Jarrod Jackson, 14th CES, Sandra Labiche, 48th Flying Training Squadron. Not pictured are:**

**To technical sergeant:**  
**Phillip Flake**, 14th FTW  
**To staff sergeant:**  
**Zachary Ervin**, 332nd Recruiting Squadron  
**To airman first class:**  
**Matthias Aufiero**, 14th SFS

**To airman:**  
**Brian Richardson**, 14th CES  
**Learone Peagler**, 14th CES  
**Brian Ciccone**, 14th CES  
**Jonathan Boyd**, 14th CES  
**Rory Peters**, 14th CES  
**James Gates**, 14th CS

## Prayer luncheon revitalizes CAFB

Columbus AFB gathers to pray for the nation, its leaders and its military at the 2004 National Prayer Luncheon at 11:30 a.m. Thursday at the Columbus Club.

The keynote speaker is Col. John Stefero, command chaplain for Air Education and Training Command. He is known for helping establish chaplaincies in the Eastern bloc nations during the aftermath of the Cold War.

The menu includes sliced London broil, rustic mashed potatoes, almond green beans, green salad, fruit salad, rolls, coffee and tea.

The dress code is uniform of the day.

Tickets for the event are \$6 for club members and \$8 for non-club members and must be purchased by Monday. For tickets, call the chapel at Ext. 2500, or contact a first sergeant.

“People of all faiths are invited to attend,” said Chaplain (Capt.) Bryan Hochhalter, 14th Flying Training Wing. “Many communities across our nation, around the world and at most of our military bases are celebrating prayer luncheons and breakfasts.”

U.S. presidents have participated in such an event every year since former President Dwight Eisenhower held office.

At a national prayer breakfast in 2001, President George W. Bush said, “Our country, from its beginnings, has recognized the contribution of faith. We do not impose any religion; we welcome all religions.

“We do not prescribe any prayer; we welcome all prayers. We will respect every creed. We will honor the diversity of our country and the deep convictions of our people.” (Courtesy of Columbus AFB Public Affairs office)



## NEWS BRIEFS

### Giant Voice update

The Giant Voice system upgrade is now complete. The upgrade provides the ability to better relay inclement weather and other significant warnings to the base population. The upgrade provided five new satellite speakers to cover the entire Columbus AFB acreage. As a reminder, the system will also play Retreat and the National Anthem.

All Columbus AFB personnel are reminded to pay the proper courtesies during these broadcasts. If outside and in uniform, stop and face the flag (if visible) or the music. During the sounding of Retreat, stand at parade rest. Come to attention and salute when the National Anthem begins. If in civilian clothes, come to attention, remove hats if worn and place the right hand over the heart when the National Anthem begins to play. When driving a vehicle, stop until the music ends. Passengers should also remain silent.

### Contracting announcement

The 14th Contracting Squadron's standard procurement system will be updated Tuesday through March 20 and will only accept emergency Form 9s. SPS will not interface with the Automated Business Services System during the update, but this will not affect input requests in ABSS. For emergency requests, contact squadron contracting representatives. For a list of points of contact and for all emergency requests, call Aubra Jackson at Ext. 7774 or Sharon Black at Ext. 7772.

### Boy Scouts

Troop 52 meets at 6 p.m. Tuesday at the Military Personnel Flight building, Bldg. 926, Room 111. For more information, call Wayne Boswell at Ext. 2611 or Greg Johnson at Ext. 7871.

### Congratulations

The 14th Flying Training Wing congratulates the following captains on their selection to major: From the 14th FTW: Bryan Hochhalter; from the 14th Medical Operations Squadron: William Hubbard; from the 14th Medical Support Squadron: Elita Conally; from the 14th Operations Support Squadron: Ellis Chatterton, Daniel Stone, Derek Younger and Eric Zihmer; from the 37th Flying Training Squadron: Trent Baines and Aaron Hartzler; from the 41st Flying Training Squadron: William Bowen, Ernest Haga and David Hauck; from the 48th Flying Training Squadron: Scott Jackson, Bonnie Paquin and Clay Tebbe; from the 50th Flying Training Squadron: Kent Duckwall, Shannon Griffiths, Gregory Hopkins, Derek Miller, Francis Miller and Sean Welsh; and from the 14th Security Forces Squadron: Shannon Smith.

## CAFB helps families stay connected

### Airman 1st Class Boto Best Public Affairs

Family members of deployed personnel can take advantage of several programs available at the family support center.

The center provides opportunities for families to communicate with their deployed loved ones, as well as events where families can gather to network and socialize.

One of the communication tools the center provides is the videophone.

"It doesn't cost anymore than a regular phone call," said Tech. Sgt. Jamey Coleman, NCO in charge of the family readiness program. "It sends a picture over the modem so that people can see their loved ones."

The center also provides 'Hearts Apart' morale calls. These are 15-minute phone calls through the base operator that family members can make to their deployed airmen once a week.

The local Veterans of Foreign Wars Post 4272 also donates phone cards, money and other items to the center to be used for deployed airmen and their families.

"Over the last three years they've donated more than \$3,000 for events we cannot use appropriated funds for," said Patsy Wood, the center's flight chief.

One of the events is the monthly 'Hearts Apart' social.

"We provide food and activities for children," Sergeant Coleman said.



Airman 1st Class Boto Best

**Heather Jobes, Veteran Affairs work study, and Master Sgt. Darryl Goodwin, family support center superintendent, demonstrate the video phone at the family support center. This service is available to families of deployed servicemembers.**

"These family members are all in the same boat. So this is an opportunity to network with each other."

People can bring photos of their families and loved ones. Family support center personnel print these on pillowcases and mouse pads and send them overseas to deployed loved ones.

The center also maintains a list of volunteers to help families with yard work.

In addition, standard programs like 'Give Parents A Break,' a program that offers six free hours of childcare once a month, and one free oil change every six months are also available for families.

For the people who are deploying, the

center provides stationary kits to write home with and help with budgeting and other issues.

"I'm just glad to be a part of this," Sergeant Coleman said. "It's the least we can do to take care of airmen and their families for the sacrifices everyone makes."

Deploying personnel are required to visit the center for a pre-deployment briefing at least 30 days prior to departure so that they and their families are taken care of before they leave and while they are away.

For more information on, call the center at Ext. 2790.

## New FSC program provides service 24/7

### Airman Cecilia Rodriguez Public Affairs

As of February, Air Force active duty, guard and reserve members and their families were given access to Air Force One Source, an online and telephone resource for information and support services.

"The U.S. Air Force Family Support Center provides Air Force One Source at no cost to you," said Patsy Wood, Columbus AFB Family Support Center programs flight chief. "This pre-paid resource can assist active-duty military families anytime, anywhere."

The AFOS Web site offers online articles, workshops, locators, interactive

self assessments, and can also provide referrals to resources and services on base and in the local community. Support service topics include parenting, child care, schools, relocation, finances and other life issues

"One Source is a 'virtual' family support center staff member," Ms. Wood said. "It's designed to augment the current on base family support programs 24 hours, seven days a week."

Because of its large-scale operations, Air Force One Source has access to resources not normally available at FSCs, such as consultants who speak Spanish and offer simultaneous translation into more than 140 languages.

"As a family support center, we will be working together and utilizing the

One Source research staff to give us answers to those difficult questions we spend hours researching for our clients," Ms. Wood said.

"One Source provides information and referral service, but the family support center provides face-to-face, personalized counseling and assistance," she added.

The Air Force One Source toll free number within the U.S. is (800) 707-5784.

Air Force One Source may be accessed on the World Wide Web at [www.airforceonesource.com](http://www.airforceonesource.com). To access the Web site, the universal ID is 'airforce' and the password is 'ready.' For more information, call the FSC at Ext. 2790.

## Spouses introduced to ins, outs of SUPT life

### Airman 1st Class Boto Best Public Affairs

About 25 spouses of Specialized Undergraduate Pilot Training students attended a spouse aircraft briefing Feb. 26 in the Philips Auditorium.

"The purpose of the briefing was to introduce spouses to various kinds of aircraft their spouses could get assigned to," said Teri Cook, who briefed on B-1 Bombers.

It also lets them know how the mission operates and how the support network comes into play when their spouses are away on missions and tours of duty, Ms. Cook said.

Col. Mike Holmes, 14th Operations Group commander, spoke from an academic perspective.

He explained how the students' daily maneuvers are graded, from check rides to academics.

He also explained how flight commanders rank the students in each category according to individual work, teamwork efforts, how they get assigned to particular aircraft and how well they would fit into

the Columbus AFB instructor pilot team.

Spouses who had accompanied their husbands in their aircraft and been stationed in different places around the world briefed the group from a spouse's perspective and answered questions about a variety of topics.

These included the operations tempo of the different aircraft, their missions, what bases they operate from, tours of duty, the length of a typical day or deployment, how Space A travel works, misconceptions and life in general as a pilot's spouse.

"Things keep changing in the world," said Ms. Cook, whose husband is an instructor pilot here. "So you have to live spontaneously and you have to be very flexible. You gain a sense of independence because your spouse is always gone."

Many of the spouses who attended the briefing found it very informative.

"It clarified myths about different aspects of the military and gave me information about planes that I didn't know before," said Candace Gardner, whose husband is an SUPT student.

"Experienced wives speaking about the specific aircraft they and their husbands



Airman 1st Class Boto Best

**Lisa DeGrange briefs spouses on the different bases F-15C aircraft are assigned to. She and her husband, Maj. Mark DeGrange, 43rd Flying Training Squadron instructor pilot, have been stationed at Eglin AFB, Tyndall AFB and Columbus AFB.**

had flown in made the information a lot more credible."

Even the briefers themselves find it informative.

"I've been around for a while," said

Sara Holmes, who organized the event. "And I learn something new every time."

The briefings are held about three times a year. For more information, call Ext. 7158.

## AETC commander releases sexual assault review team findings

**RANDOLPH AFB, Texas** — On Feb. 26, the Commander of Air Education and Training Command, Gen. Donald Cook, released a preliminary summary of the findings of the AETC Special Review Team examination of alleged increased sexual assaults at Sheppard AFB, Texas.

The summary of findings is a result of a weeklong review of sexual assault deterrence and sexual assault response programs currently in place at the north Texas base.

On Feb. 12, General Cook directed a 22-member AETC interdisciplinary team to travel to Sheppard AFB and conduct a review of the base's plans, policies, programs and procedures to determine if there were any deficiencies in addressing sexual assaults at Sheppard AFB. General Cook directed the review following allegations that "a wave of sexual assaults was going largely unnoticed at Sheppard AFB."

The review team was charged to examine the environment and existing sexual assault reporting processes at Sheppard AFB; review reported sexual assault cases to confirm these cases were handled appropriately; determine if there were unreported sexual assault cases; and examine the effectiveness of the Victim Witness Assistance Program at Sheppard AFB.

The team, led by Col. K.C. McClain, AETC deputy director of Operations for Technical Training, interviewed more than 1,000 people at the base including commanders, senior enlisted leaders, and functional experts such as the chaplain, medical personnel, family support center professionals, and a random sample of students as part of the review.

The team also surveyed more than 5,000 students at Sheppard. Based on the extensive interviews and survey

results, the review found that students at Sheppard AFB believe they are in a safe working, living and training environment.

Ninety percent of students think wing leadership effectively handles sexual assault allegations when reported and encourages reporting. Ninety-five percent of female students indicated they feel safe on base.

Students understand how to report sexual assaults. However, many students indicated a reluctance to report such assaults. The primary reasons students gave for not reporting sexual assaults were concerns they would be delayed in training at Sheppard as the investigation moved forward, that they would be disciplined for misconduct occurring in conjunction with the sexual assault, such as underage drinking, embarrassment, loss of confidentiality (only reports to the chaplain remain confidential) and peer pressure.

"Our most important obligation to our people at Sheppard and every other Air Force base is to give them a safe and secure working, living and training environment," said General Cook. "We do not tolerate assaults and we make every effort to prevent such criminal behavior. But if despite our best efforts deterrence fails, our top priority is to provide swift and compassionate aid to the victims, thoroughly investigate the circumstances surrounding assaults and prosecute perpetrators."

The review also determined that base agencies have good processes in place to respond to reports of sexual assault and to assist victims. The review of Sheppard AFB's VVAP indicated the program provides solid support and services to victims of sexual assault.

An in-depth review of 45 sexual assault cases at Sheppard AFB from 1993 to 2003 that resulted in completed courts-martial or Articles 15 showed these cases were handled appropriately and expeditiously. There have been an additional 69 investigations since 1996 that did not result in either courts-martial or Article 15 non-judicial punishment. The command is reviewing these to confirm the disposition of each was appropriate. Additionally, there are 10 allegations currently under investigation at Sheppard AFB.

Colonel McClain met with the local civilian crisis counseling center leadership, who indicated their confidence in Sheppard AFB's handling of sexual assault allegations and assistance to victims. Discussions between Colonel McClain and local civilian law enforcement officials yielded findings that local law enforcement officials have confidence in Sheppard AFB's ability to appropriately respond to sexual assault cases.

Though the review team's preliminary findings strongly suggest the environment at Sheppard AFB is safe, and robust programs exist to deter sexual assaults and swiftly respond to aid victims and punish perpetrators when sexual assaults occur, the review team determined there are ways to improve upon existing programs.

The command is examining all of its plans, policies, programs and procedures at each of its installations to ensure existing programs to address sexual assaults are appropriate and effective in addressing this serious issue. (Courtesy AETC News Service)

**(Editor's Note: General Cook's comments on the Randolph AFB review team findings can be found on Page 8 of the commentary section.)**



# Chief of Staff Sight Picture

## Motorcycle safety: Each rider a mentor

**Gen. John Jumper**  
Air Force Chief of Staff



How many times have you heard a story like this one: A couple of friends at a party had been drinking and one suggested they take his new motorcycle to get more alcohol. They hop on the bike, no helmets, and the operator decides to show how fast the bike can go. He’s been signed up for training, but he hasn’t completed the course yet. Before long, they’re traveling at 120 mph in a 60 mph zone. The operator loses control and they crash. The passenger is killed, and the operator spends

about 30 days recuperating in the hospital. Or one like this: A new motorcycle owner decides to get the biggest, baddest Harley he can get. He doesn’t wear a helmet because he doesn’t think it’s “cool.” He has preliminary motorcycle training and a learner’s permit. He decides he can pass a car on the right around a curve. He loses control and launches 100 feet into the air. He dies on impact. These actual incidents are only two examples of many similar stories that pass across my desk and illustrate why we need to change the way we think about and approach motorcycle safety. Motorcycles can be a great form of transportation and entertainment, but they must be ridden with extreme caution. Lately, our Air Force members have been involved in a high number of motorcycle accidents, many of which were fatal. In FY03, we lost 24 airmen

to motorcycle accidents, most of which involved unsafe operation of single vehicles and operators who practiced poor risk management or operated beyond their abilities, and lost their lives in the process. Every person in our Air Force is critical for mission success. On the job, we exercise good operational risk management in performing difficult and dangerous tasks. We take care to train new operators in the safest practice of our profession. We provide oversight and guidance for inexperienced airmen and young officers as they advance from apprentice to journeyman and craftsman. We pass on the benefits of our experience and correct mistakes to help our airmen succeed. We should also do so during our off-duty activities.

See SAFETY, Page 9

## STRAIGHT TALK LINE

*The Straight Talk Line is your direct line to the commander for comments and suggestions on how to make Columbus AFB better. Although the Straight Talk Line is always available, the best way to resolve problems is through the chain of command. The Straight Talk Line phone number is 434-7058. Callers should leave their full name and phone number to receive an answer. All names are kept confidential. Messages are answered in the Silver Wings without names. Written questions may also be brought to the public affairs office in the wing headquarters building, Bldg. 724. People can also access the Straight Talk program through the Blazeweb at <https://columbusweb> and the main website at [www.columbus.af.mil](http://www.columbus.af.mil). Questions and answers will be edited for brevity.*

### Educational quality concerns for Columbus AFB students

**Question:** I am wondering why the children of Columbus AFB are not allowed to go to Caledonia schools. My 11-year-old daughter goes to Hunt Intermediate School, which is a very impoverished school. They don’t have any extra activities for the kids and the faculty is mediocre at best. I don’t know why we are required to send our children to these schools when Caledonia is much closer and is a much better school district. I do not have the means to send my child to a private school. Why should our children have to go to these sub-standard schools just because we can’t afford other options? We should at least have the option of which public schools our children attend. **Answer:** Columbus AFB students have attended Columbus schools since the late 1950s. Due to a series of court decrees mandating desegregation, federal court restrictions prohibit students

transferring from the Columbus to the Lowndes County School District. Recent test scores indicate overall achievement levels in the Columbus school district are on par with those in Caledonia. We all want the absolute best education and environment for our kids in school, wherever that may be. We are meeting with community leaders, the superintendent and the school board to improve Columbus schools, but we need your help if we are going to make them better. In this week’s Silver Wings, you will receive a survey asking for your input on how to make our children’s educational experiences even better. Thanks in advance for participating, and please encourage others to do the same.

Col. Steve Schmidt  
14th Flying Training Wing Commander

## SILVER WINGS

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434-7069, or e-mailed to [silverwings@columbus.af.mil](mailto:silverwings@columbus.af.mil) by 2 p.m. Friday. The Silver Wings staff reserves the right to edit or rewrite all copy submitted when necessary.

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### Key phone numbers

Base Exchange.....434-6013  
Chaplain.....434-2500  
Civil Engineer Service Desk.....434-2856  
Civilian Personnel.....434-2635  
Clinic:  
Family Practice.....434-2172  
Appointment Desk.....434-2273  
After Hours Care.....434-2273  
Columbus Club.....434-2489  
Commissary.....434-7106  
Finance.....434-2706  
Housing Maintenance.....434-7370  
Inspector General.....434-2927  
Legal Office.....434-7030  
Military Equal Opportunity.....434-2546  
Security Forces.....434-7129  
Shoppette.....434-6026

## View from the top: Sexual assault prevention is team effort

**Gen. Don Cook**  
AETC Commander



**RANDOLPH AFB, Texas** — Recent reports alleging a rash of sexual assaults at Sheppard AFB, Texas, over the past year gravely concern me. These reports should concern you as well because assault of any kind is not only criminal; it unconditionally violates the respect for human dignity that forms the foundation of our Air Force. Simply put, the allegation of sexual assault will affect unit cohesion and morale. Have no doubt, you, and all airmen, are personally responsible for preventing assaults of any kind. When our best efforts to deter these blatant crimes fail and violations occur, you have a moral obligation to report them to the appropriate authorities. You also have a moral responsibility to seek immediate and compassionate aid for victims, and fully cooperate with all subsequent investigations so that perpetrators are punished when such behavior is reported or discovered, and corroborated by vigorous investigative procedures. We will not serve with known criminals in our midst. As a result of these reports, I directed Col. K.C. McClain, Air Education and Training Command deputy director of operations for technical training, to lead a fact-finding review team to examine the situation at Sheppard. Colonel McClain and her team arrived at Sheppard Feb. 16 and immediately went to work. The group, comprised of officials representing the command’s family support center, inspector general, military equal opportunity, personnel, security forces, staff judge advocate and surgeon general offices, was charged to assess the climate and examine the effectiveness of all plans, programs, policies and

procedures in place at Sheppard AFB to deter sexual assaults. Additionally, the group evaluated the base’s plans, programs, policies and procedures to ensure swift and appropriate actions are being taken when sexual assaults are reported or discovered. The group also examined previously reported assaults to confirm proper actions were taken in each case. Colonel McClain and her team expeditiously and uncompromisingly conducted a thorough review of all plans, programs, policies and procedures at Sheppard, interviewed more than 1,000 people including commanders and randomly selected students, and administered a survey to more than 5,000 students. The team determined through surveys that 95 percent of the students at Sheppard feel safe and secure; 90 percent stated wing leadership effectively handles sexual assault allegations when reported; and that reporting sexual assaults when they occur is encouraged by wing leadership. The review also determined that the majority of students understand how to report sexual assaults, but unfortunately, many students are reluctant to report such assaults. The predominant reasons students gave for their reluctance to report sexual assaults included concerns that they would be delayed in training at Sheppard as an investigation moved forward; that they would be disciplined for misconduct collateral to the sexual assault, such as underage drinking; embarrassment; loss of confidentiality (only reports to the chaplain remain confidential); and peer pressure. Though the review team’s preliminary findings strongly suggest the environment at Sheppard AFB is safe and robust programs exists to deter sexual assaults and swiftly respond to aid victims and punish perpetrators when sexual assaults occur, the review team also determined there are ways to improve upon existing programs. For example, student training should be expanded to

include more emphasis on sexual assault awareness, deterrence and reporting, and that such training be presented in a more interactive setting. Likewise, the current training programs for commanders, first sergeants, military training leaders and instructors should be expanded to include additional training on sexual assault awareness, deterrence and reporting. We are looking at ways to implement these recommendations. We are also expanding our review to look at the plans, policies, programs and procedures to address sexual assault at all our bases to ensure we have no deficiencies in our objective to deter sexual assaults. We are also making sure that when our best efforts fail to deter these crimes, we swiftly and compassionately render aid to victims; thoroughly investigate the circumstances of these reports; and when the evidence dictates, we prosecute and punish perpetrators. As airmen dedicated to protecting our country, we are all part of a very vital national defense team. Teammates must trust each other and care about each other. When one team member demonstrates disrespect for another teammate by criminal behavior such as sexual assault, trust is broken, and the team is weakened. Our important mission demands we hold ourselves to a higher standard. Sexual assault has no place in my Air Force; it shouldn’t have a place in yours either. Over the coming weeks and months, you are going to be hearing and learning more about this important issue. Listen and pay attention to what your commanders, first sergeants, supervisors and peers are telling you regarding the unacceptable nature of sexual assault. Commit yourself to act in a manner that demonstrates daily the respect you have for your teammates and for yourself. I am proud of the men and women who serve our country in the Air Force with Integrity first, Service before self and Excellence in all we do. Together we will continue to tackle the sexual assault problem and ensure we maintain an environment that promotes the dignity and well being of all our Air Force teammates. and operate within your abilities. Above all, make sure you are wearing the proper safety equipment. Also, look out for those who aren’t ready for more advanced challenges and prevent them from engaging in dangerous behavior. I’m a new rider myself, and I will be taking an approved motorcycle training course to make sure I am qualified to ride before I take my bike on the road. I’m looking forward to riding, but only when I have the skills necessary to ensure I won’t be a danger on the road. And I won’t go anywhere without my helmet. Only through your efforts will we reduce the mishap rate throughout our Air Force. We will provide the tools necessary — it is every rider’s responsibility to put them to use.



# Remembering Red Tail Angels



*Lt. Col. Herbert Carter*

## 1st Lt. Joseph Coslett

Public Affairs

In the 21st Century, the modern Air Force has become a diverse force made up of many races and cultures. But this wasn't always the case.

More than 60 years ago, the U.S. Army Air Corp created an experimental African-American pilot training program to test their abilities. With determination and persistence, the first black pilots, the Tuskegee Airmen, not only battled the Axis Powers, but also the walls of racism and segregation, proving to America they were just as good as any other pilot.

In 1941, Air Corp built a separate facility at Tuskegee Army Air Field to train the African-American pilots. The whole experiment was strictly segregated in every aspect.

Everyone on the base — from the maintainers to the support troops — was black, said retired Lt. Col. Alva Temple, an original Tuskegee Airman.

"I came in right from civilian life to guys hazing me," Colonel Temple said. "I didn't know what was going on."

Colonel Temple said he thought hazing was the worst part of training; at the time he couldn't understand how people could treat each other with such cruelty. An average of 40 percent washed out of training, including cadets with college degrees from northern universities. The first class had 13 students and only five graduates.

Colonel Temple said if it wasn't for the mentorship he received, he might have washed out.

"I had an upperclassman that pulled me aside and helped me," he said. "My mentor said, 'Unless you are able to produce, you'll washout.'"

With the right frame of mind and help from his mentor, Colonel Temple completed the first six weeks of aviation training, which consisted of basic military instruction, navigation, aerodynamics, weather and preflight training.

During the following weeks of training, the aviation cadets took classes in the morning and flew in the afternoon. Colonel Temple flew the PT-17 Stearman, the BT-13 Valiant and the AT-6 Texan.

One thought remained constant, Colonel Temple said. That he had to succeed for himself and everyone that looked up to him.

"I always knew it was an important experiment and I had to try hard to finish," he said. "If you cut the mustard, you passed. If you didn't, you were out."

After earning his pilot's wings, he went on to combat training in the P-40 War Hawk.

In 1943, Colonel Temple was transferred to the 99th Pursuit Squadron and served in Italy, Southern Europe, Southern France and the Balkan Nations. He completed 120 combat missions in 15 months.

Even though he and other Tuskegee Airmen fought for their country, they were forced to operate as segregated units and not allowed to fight alongside their fellow white countrymen.

By the end of World War II, 992 men had graduated from pilot training at Tuskegee, 450 of whom were sent overseas for combat assignments. During the same period, approximately 150 of them lost their lives while training or on combat flights.

Much has changed since then.

Pilots of all races are

welcomed to become a part of the Air Force team.

"Student pilots are still challenged and trained to be warriors, pilots and leaders," said Capt. Charles Gilliam, 48th Flying Training Squadron instructor pilot. "Now their limits are pushed on equal grounds, only stopped by their own personal desire to succeed."

Columbus AFB student pilots receive basic flight training in the T-37 Tweet. After completing training in the "Tweet," students will transition to either fighter/bomber track in the T-38C Talon, airlift/tanker track in the T-1 Jayhawk, helicopter training with the Army at Fort Rucker, Ala., in the UH-1, or tactical airlift for a C-130 Hercules assignment in the T-44 Pegasus at Corpus Christi, Texas.

"Students are expected to put forward their absolute best efforts in learning the academics and systems, being prepared for each sortie and being a military professional in the process," Captain Gilliam said. "All instructors whether they realize it or not are role models for all of the student pilots."

Of the more than 300 instructor pilots at Columbus AFB, less than 10 are black.

"The Air Force has made strides in getting more minority pilots and navigators. However, we still have a long way to go," Captain Gilliam said. *(Editors Note: Today is Tuskegee Airmen Day in Lowndes County and the city of Columbus. Please celebrate and remember the heroic efforts of these and other black Americans.)*

ORIGINAL PILOTS OF THE 99th PURSUIT SQUADRON  
(Photo taken in March 1943 at Tuskegee Army Air Field)

Photos courtesy of Clint Martin

ITALY - 1944-45 ~~See~~ Preparing  
for long range escape mission into the  
Balkan Nations. - ALVA TEMPLE

*Lt. Col. Alva Temple*

*Capt. Walter Downs*

*Lt. Quinman Walker*



# Vision of flight propels female pilot into success

Airman 1st Class Boto Best  
Public Affairs

She considers herself a tomboy. Most days, her short, thick, black hair is pulled back with a bandanna or a hairclip. When she’s not at the 48th Flying Training Squadron, she’s working out at the fitness center. She also likes to read — mostly science fiction and action novels.

Twenty-four-year-old 2nd Lt. Charlene Wilson graduated from Specialized Undergraduate Pilot Training in November 2002, only the third African-American female pilot to graduate the yearlong course at Columbus AFB.

She grew up in Landover, Md., an only child. “At first, I wanted to be a neonatologist [infant doctor],” she said. “Then I changed my mind in high school because I thought it would take too long. I knew I wanted to do something hands-on, but I didn’t know what.”

An A-student in high school, she took up track, cheerleading, band and junior ROTC, and wound up at the Air Force Academy.

“I did my best in hopes that I would get into pilot training. But I didn’t get them up too high until it became an option,”she said with a smile.

She also tried to excel to show other African-American female cadets behind her that they could do it too, Lieutenant Wilson said.

“Others before me had done it, and I wanted to pass on the tradition.”

At an institution that is majority white male, her fellow African-American cadets, male and female, served as mentors, she said. She got her degree in Foreign Area Studies with a focus on Africa.

Then, at her graduation physical, she found out that she was qualified for pilot training.

“I said, ‘Yes! I’ll take it!’” she recalls.

Once in pilot training, Lieutenant Wilson said the vision of getting her wings helped her through.

“I really wanted to fly,” she said.



Lieutenant Wilson secures the aft fuselage compartment on a T-1 Jayhawk during a preflight check.



Photos by Airman 1st Class Boto Best

Second Lt. Charlene Wilson checks the angle of attack vane on a T-1 Jayhawk. She is the third African-American female pilot to graduate from the Specialized Undergraduate Pilot Training course at Columbus AFB.

It was obvious to her instructors.

“Lieutenant Wilson was the hardest working student I’ve ever had,” said Capt. Dave Mazzara, 48th FTS B Flight commander. “She always had a great attitude in the face of extreme adversity.”

Her landings were the biggest challenge for both her and the instructors, he said.

“I told her after one of her landings that they would have to lower the field elevation by one foot due to her pounding it into the ground so hard. She eventually overcame this problem, and now most of the airports in the South can start their runway repair construction,” he joked.

Captain Mazzara said Lieutenant Wilson always had a smile on her face no matter what the outcome of the flight was. She was always prepared for her missions.

“I wish all my students had her work ethic and determination.”

Maj. Terry Hunter, 48th FTS training flight chief, also noticed her determination.

“One of her biggest qualities was her strong dedication to details and how she prepared herself for each mission,” he said. “Her professionalism was another quality that made her a great officer and pilot. She strives for excellence in everything she does, and I’m very proud of her.”

Among her inspirations are Bessie Coleman, the first African-American woman to stage a public flight in America, and the Tuskegee Airmen, the first African-American combat pilots in America. She said she also prayed — a lot.

“Those are the people who paved the way for me to be here today,” Lieutenant Wilson said.

Lieutenant Wilson left Thursday for Altus AFB, Okla. She will eventually be stationed at Kadena AFB, Japan, as a KC-135 co-pilot.

“The hardest part of pilot training for me was having confidence in myself,” she said.

Now one of her goals is to mentor young people and help them realize that they can do whatever they put their minds to.

Major Hunter believes she would be the best woman for that job.

“African-Americans in general don’t get the exposure to flying that whites do,” he said. “So for a lot of African-Americans, the first time we fly is when we get to an SUPT base, and only the tough survive.

“But she did it, and it’s people like her that make others believe that they can do it also. If you believe, then the sky is the limit — and no one should be able to tell you that you can’t do it.”

*(Editor’s note: This article is in honor of Women’s History Month.)*

## Variety of programs available to base families

**Catfish buffet:** The Columbus Club offers an all-you-can-eat catfish buffet from 11 a.m. to 1 p.m. Fridays. Cost is \$5.95 for members and \$7.95 for nonmembers. Customers may still order off the a la carte menu. Call Ext. 2490.

**Club card drawings:** The Landing Lounge and enlisted lounge offer a club card drawing for cash every Friday around 6:30 p.m. Card holders must be present to win. Call Ext. 2490.

**Disc Jockey Big E:** The enlisted lounge features the sounds of Disc Jockey Big E at 9 p.m. today. Call Ext. 2490.

**All-ranks brunch:** The Columbus Club offers a brunch from 10:30 a.m. to 1:30 p.m. Sunday. Cost is \$8.95 for members and \$10.95 for nonmembers. Call Ext. 2489.

**The “Happy” Burger:** Stop by the Columbus Club from 11 a.m. to 1 p.m. weekdays. Order a Happy burger, fries and a drink for only \$3.95 for members. Nonmembers pay \$5.95. An a la carte menu is also available along with a take-out service. Call Ext. 2489.

**Auto shop special:** This month only, the auto shop offers a brake special for \$25, parts not included. This service is usually \$30. For appointments, call Ext. 7842.

**Adult and youth crafts classes:** The skills development center offers classes for adults on Tuesdays and for youth on Wednesdays. A display of the craft projects are available at the center. Call Ext. 7836.

**Women’s History Month events:** Men and women compete against each other in a “closest to the pin” golf contest from 11 a.m. to 1 p.m. Tuesday and a game of bowling from 11 a.m. to 1 p.m. Wednesday. Each event entry is \$2. Register by 4 p.m. Sunday for the golf event and by 4 p.m. Wednesday for the bowling event. Call the golf pro shop at Ext. 7932 or the bowling center at Ext. 2426.

**Give parents a break:** The child development center and youth center offer this program from 9 a.m. to 3 p.m. March 13. Parents must register children by Wednesday. For more information, call the CDC at Ext. 2478 or the youth center at Ext. 2504.

**Keystone Club:** The youth center offers this program at 4:30 p.m. Wednesdays. The Keystone Club focuses on building productive teens, leaders and citizens. Other areas of focus are education, leadership, life skills and many other related topics. As a Keystone Club member, there is travel opportunities. Call Ext. 2504.

**Canoe trip:** Outdoor recreation offers a trip to the Luxapalila River March 13. Cost is \$15 per person and includes transportation, lunch and canoe rental. Call Ext. 7861.

**Theater camp:** The Air Force Community Center Program offers a special theater camp for ages 14 to 18. The camp is held in Missoula, Mont., July 26 to July 30. Submit camp applications to the youth center by March 15.

Thirty-two chosen teens participate in a week full of specialty classes in voice, dance, stage presence, acting, arts and crafts, waterfront activities and campfires. All transportation to and from Montana is provided, as well as all meals, lodging and activities.

The rules and entry forms are placed on the Services Family Members Program Agency Web site at [www-p.afsv.af.mil/FMP/SpecProj.htm](http://www-p.afsv.af.mil/FMP/SpecProj.htm). For more information, call Ext. 2504.

**Silver Star Casino trip:** The information, ticket and travel office offers this trip March 19. Cost is \$15 per person and includes transportation and \$15 in coins. The bus leaves the community center parking lot at 5:30 p.m. To make reservations, call Ext. 7861.

**Dance classes:** The youth center offers dance classes in

tap, jazz and ballet. Ages 5 to 7 may register for the preparatory dance classes offered Mondays at 4:30 p.m.; ages 8 to 13 may register for the Jazz II classes Tuesdays; ages 3 to 4 may register for the creative movement classes at 4:30 p.m. Thursdays; and adults may register for the jazz dance classes at 5:30 p.m. Thursdays. Call Ext. 2504.

**Drop-in care available:** The child development center offers drop-in care Monday through Friday from 6 a.m. to 6 p.m. Cost is \$3 per hour. To make reservations, call Ext. 2479.

**Services Web site:** Services offers a website with information about what’s happening in the 14th Flying Training Wing Services Division. Log on at [www.cafb.services.com](http://www.cafb.services.com). Call Ext. 2337.



Pam Wickham

### Bingo winner

Second Lt. Adam Thornton, Specialized Undergraduate Pilot Training Class 05-01, receives a \$25 bingo prize from Rachel Kasic, club manager. The lunch-time bingo program is offered at noon Mondays in the Columbus Club. Two \$25 games and one \$500 progressive jackpot game with a \$50 consolation prize are played. Three-on-one cards are \$1.50 each for the \$25 games and jackpot cards are \$2 each. Call Ext. 2490.



## AT THE CHAPEL

### Catholic

#### Sunday activities:

9:15 a.m. — Mass  
10:30 a.m. — CCD  
5 p.m. — Confessions  
5:30 p.m. — SUPT Mass

### Wednesday

11:30 a.m. — Mass

### Protestant

#### Sunday activities:

9 a.m. — Sunday school  
10:45 a.m. — Traditional worship  
1 p.m. — Contemporary worship

### Tuesday

Noon — Lunch and Bible study

### Wednesday

5:30 p.m. — Dinner and Bible study  
7 p.m. — Choir rehearsal  
For Islamic, Jewish, Orthodox or other services, call the chapel at Ext. 2500.

## AT THE MOVIES

All movies are shown at 7 p.m., unless otherwise noted, at the theater.

### Today

“Cold Mountain” (R, violence and sexuality, 154 min.)

Starring: Nicole Kidman and Jude Law.

### Saturday

“My Baby’s Daddy” (PG-13, sexual content, language and some drug references, 99 min.)

Starring: Eddie Griffin and Anthony Anderson.

### March 12

“The Big Bounce” (PG-13, sexual content, nudity, violence and language 88 min.)

Starring: Owen Wilson and Morgan Freeman.

For more information about movies, visit [www.cafbgrapevine.com](http://www.cafbgrapevine.com).

## CHANNEL 64

BLAZE 64 offers announcements for people living in base housing or the dormitories.

Call public affairs for more information at Ext. 7068.

### Weekdays

9 a.m., noon and 2 p.m.

Air Force Television News

Monday through March 12

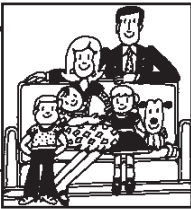
9:30 a.m., 12:30 p.m. and 2:30 p.m.

College Level Examination

Program Tapes:

English Composition

## FAMILY SUPPORT



*(Editor’s note: All activities are offered at the family support center unless otherwise specified. For more information, call Ext. 2790.)*

**Transition assistance program:** A training session for personnel within one year of separation is from 7:30 a.m. to 4 p.m. Tuesday through Thursday. Topics cover interview techniques, resumes, job searches and veterans’ benefits.

**Health benefits seminar:** A seminar on health benefits available to personnel who are separating or retiring is from 3:30 to 4:30 p.m. Thursday. Tricare and Medical Group personnel will be available to answer questions.

**State employment agency:** An information session on services available to veterans with the Mississippi Employment Security Commission or employment agencies in other states is at 10 a.m. Thursday.

**Veterans’ benefits:** An information session on veterans’ benefits is at 10:30 a.m. Thursday. FSC staff and Department of Veterans Affairs personnel will be available to answer questions.

**Small business development:** A workshop on starting a personal business is from 1 to 1:30 p.m. Thursday.

**Federal employment:** A workshop on federal employment and how to apply is from 1:30 to 3 p.m. Thursday.

**Scholarship:** The General Henry Arnold Education Grant Program scholarship deadline is March 12. The scholarship is for family of Air Force active duty, retired and reservists on extended duty. Up to \$1,500 is awarded in grants. Applications are available at the family support center. For more information, call Ext. 2855 or Ext. 2790.

**Auto buying/leasing:** An information session on learning the ins and outs of purchasing or leasing a vehicle is from 11 a.m. to noon March 16.

**Heart Link:** An orientation program for spouses newly married or new to Columbus AFB is at 8:45 a.m. March 22.



Airman 1st Class Boto Best

## You got served

**Master Sgt. Andy Williams, 14th Flying Training Wing, serves Senior Airman Nicholas Rivera-Lough, 14th Medical Operations Squadron, with a scoop of warm barbecue beans at the Top Three steak sale Tuesday. The sale raised \$1,053 dollars for the Enlisted Heritage Foundation.**

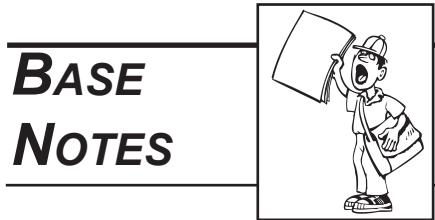
Games, prizes, childcare vouchers, lunch and an opportunity to meet other spouses are provided.

**Stress in the workplace:** A seminar for supervisors on types of stress, identifying stressors in the work environment, strategies to reduce workplace stress and coping techniques is at 11 a.m. March 24.

**Depression:** A workshop to increase awareness of depression as a treatable illness is at 2 p.m. March 24. It teaches how to recognize symptoms and provides factual information on depression.

**Hearts Apart:** A social gathering for families of deployed or remote personnel is at 5:30 p.m. March 25. Information, prizes and refreshments are provided.

**Calling cards:** Free \$20 value calling cards funded by the Air Force Aid Society are offered to all Air Force personnel going on contingency tours of duty for 30 days or more.



**Power outage:** A power outage for the fitness center, theatre, chapel and library is scheduled from 7:30 a.m. to 4 p.m. March 13. For more information, call Ext. 7966.

**Relay For Life:** The 12-hour Lowndes County Relay For Life starts at 6 p.m. April 16 and ends at 6 a.m. April 17.

Teams of eight to 15 people camp out and take turns walking around the Saunders Field on Highway 45 next to the Master Host Inn hotel in downtown Columbus.

Each team is asked to have a representative on the track at all times during the event.

The Relay For Life is an event sponsored by the American Cancer Society to raise money for the fight against cancer. The goal is for each team to raise \$1,000, and there is no registration fee.

Live entertainment and games are provided through the night. For more information or to volunteer as a team captain, call 1st Lt. Ariol Paz at Ext. 2666.

**Bible study:** A midweek Bible study is from 5:30 to 7 p.m. Wednesdays in the chapel annex.

The focus of the study is the video series “The Measure of Spiritual Maturity,” and dinner is provided.

A Bible study is held at noon Tuesdays in the chapel annex. The focus of the study is the Fruit of the Spirit Bible series: Building Healthy Relationships.

A teen Bible study is held from 5:30 to 7 p.m. Wednesdays in the chapel annex for ages 12 to 19. “Crossroads” is the focus of the study, and dinner is provided. For more information, call Ext. 2500.

**Yard sale:** The North Columbus Church of God sponsors a yard and bake sale beginning at 6:30 a.m. Saturday. The church is located at 2103 Jess Lyons Road. For more information, call Phyllis Caudill at 434-2679.

**Women’s group:** The Columbus Lighthouse Aglow meets at 10:30 a.m. Saturday at the Columbus Public Library downtown. The Lighthouse Aglow organization is a non-denominational religious women’s group. The guest speaker is Betty Love of Love Ministries, Inc. All are invited to attend. For more information, call 327-2718.

**Support groups:** A Lupus support group meets at 6 p.m. today on the third floor solarium of the Baptist Golden Triangle Willowbrook Building. For more information, call Rashell Hopkins at 327-2784.

A head injury support group meets at 7 p.m. Tuesday at

the Baptist Memorial Hopsital’s boardroom. For more information, call 327-4614.

A stroke support group for stroke survivors and caregivers meets at 10 a.m. March 15 on the third floor solarium of the Baptist Golden Triangle’s Willowbrook Building. For more information, call Sandy Cunningham at 328-4430.

**Arts auction:** The Columbus Arts Council sponsors its 20th Annual Arts Auction Gala Saturday. The fundraiser theme is “Decades” and features a silent auction, live auction, dinner, open bar and awards for best performances. For more information, call the Columbus Arts Council at 328-2787.

**Art class:** The Art of Stained Glass is at 6 p.m. March 18 at the Rosenzweig Arts Center in downtown Columbus. Participants learn the art of stained glass by creating a glass

stepping-stone. Cost is \$20 per person. The registration deadline is Thursday. For more information, call the Columbus Arts Council at 328-2787.

**Speedway:** The 3rd Annual Rebel Challenge begins at 7:30 p.m. March 12 at the Columbus Speedway. Grandstand tickets are \$15 per person and pit passes are \$25 per person. Ages 10 and under are free when accompanied by an adult. For more information, call 241-5004.

**Children’s photography class:** The Art of Photography I is from 10:30 a.m. to 12:30 p.m. March 13 at the Rosenzweig Arts Center in downtown Columbus. Tuition is \$20 per student for all four sessions. Ages 8 to 11 are welcome. For more information, call the Columbus Arts Council at 328-2787.

*For more event listings, visit [www.columbus-ms.org](http://www.columbus-ms.org).*

## BARGAIN LINE

### Bargain Line advertisement

*The Bargain Line is free for all military members (including guard and reserve members), DOD civilians, military retirees, family members and contract employees.*

*Bargain Line advertisements must be turned in to the Silver Wings office in the 14th Flying Training Wing headquarters building by noon Monday to be included in the following week's issue. Late ads will be held over for the next issue.*

*Reruns must be phoned in to the Silver Wings office, 434-7068, by noon Monday for inclusion in the next week's issue. Please do not re-submit ads for rerun on this form. Advertisements should contain a home phone number, home address or both. Duty phone numbers will not appear in the ads.*

*Advertisements for private businesses or services providing a continuous source of income, such as baby-sitting or rental property, may not appear in the Bargain Line. They may, however, be purchased through the Silver Wings publisher, 328-2424. Please fill out this form completely. The Silver Wings staff reserves the right to edit ads as necessary.*

**Type of advertisement (circle one):** Home    Transportation    Miscellaneous    Yard sales    Pets

Print advertisement: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Name: \_\_\_\_\_

Home Telephone #: \_\_\_\_\_ Duty Telephone #: \_\_\_\_\_  
(in case we need more information)

**Please let us know what you think of the Silver Wings:**

Are you happy with the Silver Wings?    Yes ☐    No ☐

What would you like to see more of in the newspaper?    News ☐    Sports ☐    Photos ☐

If you would like to give any other suggestions, please e-mail us at [silverwings@columbus.af.mil](mailto:silverwings@columbus.af.mil).



# Modified comfort foods keep cozy qualities

Comfort foods. We all have them — those “feel good” foods considered soothing and nurturing that are usually high in fat and calories. According to a survey commissioned by American Institute for Cancer Research, Americans have made unhealthy changes in the way they eat since the fall of 2001.

The survey shows that more than 57 million Americans are eating more comfort foods like mashed potatoes and gravy, fried chicken, and macaroni and cheese. About 37 million are eating heartier, richer foods like steak, stews and lasagna, and almost 55 million are eating more sugary foods like desserts and ice cream.

There has been a renewed interest in comfort foods. They are frequently craved in times of unhappiness or illness. They are the foods we used to eat on special holidays, at Grandmother’s house or what mom served when we were sick. The nostalgic feelings take us back to a comforting past, when life was easier and others made the hard decisions affecting our lives.

The most popular comfort foods include macaroni and cheese, beef stew, chicken soup, chili, meatloaf, mashed potatoes, chocolate chip cookies and rice pudding. Age, regional origin and ethnic background all have a bearing on which dishes people consider comfort foods. In addition to the happy memories they evoke, it is the textures and “mouth feel” that make comfort foods so appealing. But these qualities are often less than healthy.

“Unfortunately, most comfort foods are high in calories and fat but low in the nutrients and protective phytochemicals we need to reduce our risk of chronic diseases, like cancer, and keep a healthy weight,” says Melanie Polk, AICR’s director of nutrition education. “Many of these foods come from a time when the relationship between diet and disease was not well known, but now we know these foods are not good nutritional choices. Fortunately, with a few simple techniques, we can make most comfort foods as healthy as they are enticing.”

There are four techniques for preparing healthier comfort foods. One simple technique is substitution. For example, substitute an ingredient low in fat for a high-fat ingredient. Examples include evaporated skim milk in place of cream or olive oil instead of butter in many recipes.

Another technique to adjust comfort foods for health entails adding healthy ingredients such as vegetables, fruits, whole grains and beans. For example, add diced bell pepper and zucchini to your spaghetti sauce or a variety of beans to

your chili recipe. Also consider proportionality of foods on your plate. The recommended proportion is two-thirds (or more) vegetables, fruits, whole grains and beans to one-third (or less) animal protein. For most Americans, that involves increasing the plant foods included on the plate and reducing the proportion of meat.

The third technique involves portion size. The AICR encourages consumers to spend a few minutes reading the Nutrition Facts label and using a measuring cup to regain a perspective on portion sizes. Relatedly, some comfort foods, like macaroni and cheese or stew, are often served as meals in themselves. By serving smaller portions of these foods and adding a few healthier foods, like cooked vegetables and a salad, you will achieve a more healthy meal, and still enjoy it.

For other dishes like cheeseburgers and french fries, that are impossible to modify and still maintain the same flavor

and texture, it is recommended that they be eaten in moderation.

“There are many aspects that determine the health and emotional wellness of an individual,” said Master Sgt. Gilbert Shrieves, 14th Medical Operations Squadron nutrition specialist. “They include the physical, intellectual, social, spiritual, emotional and vocational. Living healthy and well is a lifelong process, a positive attitude. A commitment to finding a balance in all of these aspects is recommended.”

He also recommended ‘non-food’ alternatives like hiking, bike trips, activity calendars, walks and other sports.

“Using substitution is highly recommended. Although choices are limited, any substitution is better than none. And when all else fails, portion control is the best option.”

For more information, call the center at Ext. 2477. *(Courtesy of the health and wellness center.)*



Tech. Sgt. Jim Moser

## Blazing the trail

**Walt Roddy waves Porsche driver Chuck Bigelow through the starting line at Saturday’s Autocross. More than 150 drivers tested their skills at the SAC Alert Facility course. The next Autocross is July 4th weekend.**

## SHORTS

### HAWC Class

The health and wellness center holds a “Lunch and Learn” from noon to 1 p.m. today in the HAWC classroom. Exercise and eating healthy is the topic. Participants need to bring their own lunch. To sign up, call Ext. 2477 or Ext. 2236.

### Sports Physical Day

The 14th Medical Group is conducting sports physicals for school-aged children

who are enrolled beneficiaries from 7:30 to 11:30 a.m. April 1 at the clinic. To schedule an appointment, contact central appointments at Ext. 2273 or 1-800-982-4260.

### Self-Defense Seminar

Parents and children ages 4 through 8 are invited to attend the 'Lil' Dragon Self-Defense Seminar at the Fitness Center on Sat, 6 Mar at 1200. This is an interactive seminar to teach children personal protec-

tion and safety by having them practice with their parents. Parents can expect their child to learn strategies on how to deal with confrontations and how to defend against aggressive peers. Please wear comfortable workout clothing. For more information, call Ext 2785.

### All star basketball camp

Applications are now being evaluated for the Ten Star All Star Summer Basketball Camp. The camp is by invita-

tion only, and boys and girls ages 10 to 19 are eligible to apply. Players from 50 states and 11 foreign countries attended the 2003 camp. Past participants include Michael Jordan, Tim Duncan, Vince Carter, Grant Hill and Antwan Jamison.

College basketball scholarships are possible for players selected to the All-American team. Camp locations include Lebanon, Tenn., Atlanta, Hickory, N.C., and Blacksburg, Texas.

For a free brochure, call (704) 373-0873.